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Not so fast ... please

Fast driving has stunters catching up to last year's final tally, and has cops worried about public safety

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Rethink the rink

One of the keys to hockey gold at Sochi '14 is coming to terms with the larger ice surface, Team Canada GM Steve Yzerman says

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WHAT'S THE VALUE OF MENTORSHIP?

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With leaders spry, is an election nigh?



Federal NDP Leader Thomas Mulcair, left, raises Premier Darrell Dexter's hand as they arrive to a party in Dartmouth on Monday. JEFF HARPER/METRO

Guess who's coming to town. Thomas Mulcair, Justin Trudeau in Halifax this week, alongside provincial counterparts at campaign-style events



RUTH DAVENPORT
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The leader of Canada's official opposition says a visit to Halifax this week wasn't prompted by any possibility of a provincial election — though Thomas Mulcair says he'll stump alongside Premier Darrell Dexter any time.

"Premier Dexter's been doing a magnificent job here in Nova Scotia for the past four years and he has all our admiration and our support," said the leader of the federal New Democrats Monday.

"Any time Premier Dexter calls, I'll be there for him ... because I think that the job they've been doing here is important. He's been showing the importance of good, competent public administration."



Justin Trudeau THE CANADIAN PRESS

Mulcair was in town ostensibly to promote his campaign to abolish the federal Senate, an issue that's taken him on a cross-country tour over the summer.

Mulcair's visit included a tour of the red chamber at Province House, the home of Nova Scotia's senate before its abolition in 1928 — but then Mulcair and Dexter went on to a barbecue at Alderney Landing in Dartmouth that bore traces of rousing the party faithful.

"Great to see so many of our @NSNDP candidates from across HRM out to meet with supporters & @ThomasMul-

cair!" tweeted Dexter during the event.

Federal Liberal Leader Justin Trudeau will also visit Nova Scotia this week, making stops with provincial leader Stephen McNeil in Cape Breton on Thursday and Halifax on Friday.

McNeil said the visit isn't specifically electioneering, but said touring alongside Trudeau is getting more Nova Scotians politically engaged.

"There's a lot of enthusiasm around his leadership, from rank-and-file Liberals and ... people who have been excited about his frankness, his openness," he said. "It's certainly a real contrast between the present prime minister and him, and that's been positive for us."

Dexter has not said when the upcoming election will be called, but McNeil said it has to be soon.

"What's alarming is the rate of spending that's happened in the last month alone," he said. "Nova Scotians cannot afford for this to go on much longer."

More on Mulcair's plan to abolish the Senate, page 3



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Mulcair: Time to get rid of Canada's 'broken clock'?

Senate abolition.

Federal NDP leader brings anti-red chamber campaign to Halifax



RUTH
DAVENPORT

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The recent scandal over senatorial expenses shows it's time to get rid of Canada's upper chamber, the leader of the federal Opposition says.

Thomas Mulcair visited Halifax on Monday on a cross-country campaign to abolish the Senate, citing its "anti-democratic character."

Mulcair toured the red chamber at the provincial legislature, the former home of the Nova Scotia Senate before its abolition in 1928.

"In a democracy, you don't let unelected people make laws," he said. "No one's pining for the return of the senate here in Nova Scotia. No one will even remember in a few short years the Canadian

Quoted

"We're sticking to our principles on this one, which is, simply, that in a democracy, elected people make laws, and unelected people don't."

Federal NDP Leader Thomas Mulcair, on senate abolition

Senate."

Abolishing the Senate has been a policy position of the NDP for 50 years, but in light of the recent expense scandals Mulcair said he plans to raise the issue now, and campaign on it during the next general election.

"We're going to tell Canadians exactly what we're going to do, and once elected, we're going to do it," he said.

There are 10 senators from Nova Scotia, but Premier Darrell Dexter said he isn't concerned about a loss of influence in Ottawa.

"We abolished the senate here in 1928 and I've been



Federal NDP Leader Thomas Mulcair takes some questions about the Canadian Senate on Monday as he tours the Province House Red Chamber while visiting Halifax. JEFF HARPER/METRO

through five or six general elections now and nobody's ever asked me to bring it back," he said.

Although the Senate has on

some notable occasions acted to amend, review or reject legislation, Mulcair said that's no reason to preserve it.

"Even a broken clock is

right twice a day," he said. "And it's not because once in a blue moon they don't do everything wrong that it means we keep the group of unelected people."

Sale of Crown land to cabinet minister above board: Premier

Premier Darrell Dexter says he's satisfied that the purchase of a piece of Crown land by his natural resources minister is not unusual despite opposition accusations that the transaction breaks government rules and constitutes a conflict of interest.

Dexter said parcels of Crown land have been sold to private citizens in the past and there's no reason to treat

Charlie Parker any differently, even though it's general government policy not to offer Crown land for sale.

"These (sales) are a routine part of government business," Dexter said on Monday. "As far as I know, every government has done it in exactly the same fashion."

He said Parker has been above board in submitting an application for the land and in

recusing himself while the department assessed his request.

Dexter said he has no plans to revisit the sale, which involves riverfront property in Pictou County next door to a home Parker owns. It still requires cabinet approval.

"I'm satisfied with it unless somebody can point to something that is somehow different than it should be."

A spokesman for the Nat-

ural Resources Department said officials concluded Parker's application to buy close to 0.2 hectares of Crown land was valid as it was previously expropriated.

But Liberal Opposition Leader Stephen McNeil insisted Parker is in a conflict of interest and he doesn't buy Dexter's assertion that Parker is being treated like an average citizen.

Alfie MacLeod, the Progressive Conservative natural resources critic, said he has heard from a number of constituents in the past who have been unsuccessful in trying to buy Crown land.

"It gives the wrong impression and we all know that right now people's impressions of politicians is not all that great," he said.

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Some driving at 'absolutely ridiculous' speeds: RCMP

26 charged so far in 2013. Police say drivers on track to match last year's stunting total



HALEY RYAN
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Nova Scotia drivers have crossed the halfway mark when it comes to stunting charges compared to last year, with the highest coming in at 202 km/h.

As of Monday, 26 people

were charged with vehicle stunting in RCMP jurisdictions, said spokesman Sgt. Alain LeBlanc. He said 42 were charged in 2012.

"We know that speed is one of the main ... factors in serious-injury collisions and/or fatal collisions," said LeBlanc. "That's fact."

Referencing the province's department of justice figures, LeBlanc said stunting has been on the rise with 14 charges laid in 2010, and 28 in 2011.

However, LeBlanc said the 50 per cent jump last year could be due to factors like increased traffic, and not neces-

Do the crime ...

50

Stunting covers drivers going more than 50 km/h over the posted speed limit.

sarily more people driving at dangerous speeds.

This year has seen a few concerning incidents of people driving two or three times the speed limit in residential areas, LeBlanc said.

A few that have stood out include vehicles caught travel-

... pay the fine ...

\$2,400

The maximum fine for stunting.

ling 182 km/h in a 100 zone, 147 km/h in an 80 zone, and 118 km/h in a 60 area.

"That is absolutely ridiculous," LeBlanc said. "When you have a posted speed-limit of 60 kilometres per hour, there's a reason for that."

LeBlanc said another car

... and lose wheel time

7

A driver loses their licence for seven days for stunting, and their vehicle is impounded for at least the same length of time.

going 135 kilometres in a 50 zone on Pictou Road in the Bible Hill area was "probably the worst" this year because both the driver and residents could be hurt in such a populated area.

"They're really putting everyone at risk; if they lose

control of that vehicle you can only imagine the tragic consequences of that crash," he said.

One of the fastest incidents this year occurred in April, when a 27-year-old Cumberland County man was charged with stunting and impaired driving after RCMP spotted his BMW going 202 km/h on Highway 104 near Springhill.

This past weekend, two drivers brought the total number up to 26. RCMP say a 22-year-old man and a 19-year-old man were driving on Highway 104 at 156 km/h and 158 km/h, respectively. The posted speed limit was 100 km/h.



Everybody look at us 'cause we're sailing on a boat

A group of smaller sailboats head past a larger vessel near the mouth of Halifax Harbour on Monday. HRM cooled off slightly as temperatures reached only about 22 C. Similar temperatures are forecast for much of the week, with showers possible Tuesday through Thursday. JEFF HARPER/METRO

One of two blazes overnight. Arson behind fire at home under construction in Fall River: Police

Police say they are investigating an arson after fire destroyed a home under construction in Fall River late Sunday night.

At 11:44 p.m., the home at 70 Ballentyne Way caught fire, and when firefighters arrived on scene, heavy flames were shooting from the house framed with doors and windows, but unfinished on the inside.

"When our guys arrived

it was completely engulfed," said Halifax regional fire spokesman Phil McNulty. "It was on the ground. It was in the basement."

McNulty said they immediately deemed the fire suspicious because the home had no power. Fire investigators then combed the scene Monday and it was officially deemed an arson. Police are now handling the case.

McNulty said one firefigh-

er suffered an ankle injury while fighting the fire.

Also overnight, a home was destroyed in Middle Sackville due to a large fire.

Just after 1 a.m., firefighters were called to 5 Lakecrest Dr. after a fire started on the deck of the home, moved up the siding and into the roof.

He said the family inside the home escaped without injury.

PHILIP CROUCHER/METRO



Smoke and flames from Sunday night's blaze in Fall River.

SEAN DEWITT/CONTRIBUTED

South end. Bird flying into transmission tower blamed for power outage

A power outage affecting thousands of people in south-end Halifax on Monday morning is being blamed on a bird.

Nova Scotia Power says power went out at about 10:15 a.m. and was restored about 30 minutes later.

At its peak, about 3,800 customers were without power. The affected areas included Barrington and South streets, Ox-

ford Street and Quinpool Road.

Neera Ritcey, a spokesperson for Nova Scotia Power, says power was lost after a bird flew into a transmission tower on Harbourview Street near the Armdale Rotary.

"There are things you think that can't cause something like this, but they do end up being the cause sometimes," she said.

PHILIP CROUCHER/METRO

Planting a rainbow-hued tribute to Taavel

Bill and Helen Zebedee deliver plants Monday to a memorial site dedicated to Raymond Taavel, created by artist Brian Pace. After hearing Pace's call for donations to buy flowers, the Zebedees brought plants in all the colours of the rainbow. The perennials are drought resistant and spread quickly by seeding. Taavel, a Halifax gay-rights activist, was beaten to death outside a bar in 2012. JEFF HARPER/METRO



Radio station not Kool anymore

New music. FM's 96.5 turns to modern acoustic, pop sound



HALEY RYAN

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As Haligonians turned the dial to 96.5 FM Monday afternoon, they were greeted by the unusually modern sounds of Matt Mays, Imagine Dragons and Adele.

At noon, Kool 96.5 FM's classic 1970s and '80s tunes were replaced by "honest and real" singer-songwriter music on the new Radio 965, said the vice-president of program-



ming for Newcap Radio.

"Kool was doing alright, but we felt we could do better," said Steve Jones.

Jones said over the past few months, Newcap had noticed more and more people were listening to the likes of Mumford and Sons and the Lumineers across the country.

He said based on their research, the trend was especially pronounced in Halifax.

"They were looking for something less packaged than a lot of the top-40 music," Jones said, adding that the audience passionate about Kool's retro music were "diminishing and getting older."

He said the new Radio 965 fits the interests of Halifax's young, educated, white-collar demographic about 25 to 45 years of age, interested in finding new music.

"We saw that no radio station was really satisfying them," Jones said.

Former Q104 announcer Dominik Diamond is replacing Griff Henderson and Caroline Parker on the morning show, Jones said, while

Colin Sweets will take the afternoon slot.

He said four new people will be added to the 96.5 office, and Henderson and Parker have moved to "other opportunities" as it's hard to keep the same personalities during a brand change.

Jones said Radio 965 is more low-key and won't be holding big contests, or goofy games like "stump the host to win a prize."

Kool had been on the air for a decade, Jones said.

For those left missing Fleetwood Mac, the Steve Miller Band, Queen and others, Jones said Kool's classic favourites will have "more prominence" on Newcap's Q104.

Jones said the rock station has recently undergone some changes to move away from the need to be "edgy and extreme" at all times.

"We've tried to be a little more well rounded in our approach and a little bit friendlier," Jones said.

Newcap to buy five radio stations in Toronto, Vancouver from Bell

Dartmouth-based Newfoundland Capital Corp. has signed a deal to buy five radio stations in Toronto and Vancouver from Bell Media Inc. for \$112 million, plus the assumption of certain liabilities.

Trading in Newfoundland Capital shares was halted Monday pending the an-

nouncement. When it resumed by mid-afternoon, the stock climbed 30 cents to \$9.

The company said the stations include Boom 97.3 and 93.5 Flow in Toronto and Virgin Radio 95.3, Shore 104.3 and AM 650 in Vancouver.

The deal is subject to approval by the Canadian Radio-

television and Telecommunications Commission and the Competition Bureau.

"The acquisition of these stations in Canada's two largest radio markets is a rare opportunity and is a transformational move for Newcap," president and chief executive Rob Steele said in a

statement.

"This provides an excellent opportunity for us going forward — greatly expanding our listener base and increasing the size of our business."

Newfoundland Capital has 88 radio broadcast licences across Canada.

THE CANADIAN PRESS

Bedford shut down. Suspicious package turns out to be plastic

Police say a report of a suspicious package resulted in a Bedford neighbourhood being shut down to both vehicular and pedestrian traffic on Monday.

Just after 1:30 p.m., police say they received a call from a concerned citizen about a suspicious package being left near a garbage can in the 600 block of Rocky Lake Drive in Bedford.

Police say traffic was shut down on the roadway between Sunnysdale Crescent and Duke

Rocky Lake Drive

Traffic was reopened on Rocky Lake Drive after police determined what the package was.

treet as HRP's explosive disposal unit was brought in. It was determined the package was a piece of plastic. METRO

Senior services

Province plans program to help seniors live in their homes longer

The Nova Scotia government plans to launch a program next year where community-based experts would be hired to help seniors access services intended to help them live in their homes longer.

Premier Darrell Dexter

says \$600,000 will be set aside to establish the program, though details on the number of experts that would be hired aren't yet known.

Dexter says under the program, seniors would be able to call on the experts who would assess their needs and inform them of services they may be eligible for.

He says there have been cases where seniors have been unaware or had trouble accessing services.

THE CANADIAN PRESS

Port Hawkesbury. Paper mill turns profit

Less than a year after resuming operations, Port Hawkesbury Paper is making a slim profit, its owner says.

This week, Ron Stern made his first visit to the Point Tupper paper mill since it resumed operations in October after being shut down for more than a year. Stern's Pacific West Commercial Corp. purchased the mill after former owner NewPage Port Hawkesbury filed for bank-

ruptcy protection.

"It surpassed what we expected from a standpoint of the talent that's in the mill, it seriously has," Stern told reporters during an open house at the mill Monday. "The numbers compared to what we projected are less than what we had hoped for but we're still happy because of what we see in the future. You get the right people, you'll make it succeed." CAPE BRETON POST

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UN experts inspect scene of alleged chemical attack in Syria

Damascus.

Team collects samples, conducts interviews after surviving sniper attack on way to site

UN experts collected samples and testimony from Syrian doctors and victims of an alleged chemical weapons attack Monday following a treacherous journey through government and rebel-held territory, where their convoy was hit by snipers.

As U.S. officials said there was very little doubt that Syria used chemical weapons and Western powers stepped up calls for swift military action, President Bashar Assad's government vowed to defend itself against any international attack, warning that such an intervention would ignite turmoil across the region.

Snipers opened fire on the

UN convoy, hitting one of the vehicles carrying a team on its way to investigate the Aug. 21 incident.

Martin Nesirky, a spokesman for UN Secretary-General Ban Ki-moon, said one of the UN vehicles was "deliberately shot at" in the buffer zone between rebel- and government-controlled territory, adding that the team was safe.

Activists said the inspectors eventually arrived in Moadamiyeh, a suburb of Damascus and one of the areas where the alleged chemical attack occurred.

In videos uploaded by the Moadamiyeh media office, UN inspectors were seen interviewing hospital patients.

"After the shells landed, I went downstairs and ... felt dizzy. I fell down, nauseous. Everything became distorted," one bearded man was seen telling a UN official.

THE ASSOCIATED PRESS



In this image taken from amateur video posted online, a presumed UN staff member appears to measure and photograph a canister on Monday in the suburb of Moadamiyeh in Damascus, Syria, where the Syrian regime allegedly used chemical weapons. UN experts collected samples and testimony from doctors and victims of the alleged attack on Monday following a treacherous journey through government and rebel-held territory. MOADAMIYEH MEDIA OFFICE/THE ASSOCIATED PRESS

'Dangerous new phase'



"Canada believes the only way to halt the bloodshed in Syria is through

a political solution.... However, we understand that this solution is becoming more and more difficult as the crisis enters a very dangerous new phase."

Foreign Affairs Minister John Baird, who called Monday's attack on a UN convoy "absolutely abhorrent."

Evidence of attack is 'undeniable': Kerry

U.S. Secretary of State John Kerry declared Monday that there was "undeniable" evidence of a large-scale chemical weapons attack in Syria, toughening the Obama administration's criticism of President Bashar Assad's regime and outlining a justification for possible U.S. military action.

Kerry, speaking to reporters at the State Department, said last week's alleged attack was a "moral obscenity" that "should shock the conscience" of the world.

"The indiscriminate slaughter of civilians, the killing of women and children and innocent bystanders by chemical weapons is a moral obscenity. By any standard, it is inexcusable and — despite the excuses and equivocations that some have manufactured — it is undeniable," said Kerry, the highest-ranking U.S. official to confirm the attack in the Damascus suburbs that activists say killed hundreds of people.

"This international norm cannot be violated without consequences," he added.

Officials said U.S. President



U.S. Secretary of State John Kerry speaks in Washington Monday about the situation in Syria, where he said chemical weapons were used.

MANUEL BALCE CENETA/THE ASSOCIATED PRESS

Barack Obama has not decided how to respond to the alleged use of deadly gases, a move the White House said last year would cross a "red line." But the U.S., along with allies in Europe, appeared to be laying the groundwork for the most aggressive response since Syria's civil war began more than two years ago.

THE ASSOCIATED PRESS

Syria's ally responds

Russia: No proof regime responsible

Nations calling for military action against Syria have no proof the Syrian government is behind an alleged chemical weapons attack, Russian Foreign Minister Sergei Lavrov said Monday.

Lavrov said the countries have assumed the role of "both investigators and the UN Security Council" in probing the incident.

"They cannot produce evidence, but keep on saying that the 'red line' has been crossed and they cannot wait any longer," he said.

Lavrov likened the situation in Syria to the run up before the 2003 military operation in Iraq.

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Harb resigns from Senate, gives Liberals clean slate

Retains pensions. Harb borrows \$230,000 to pay back the entirety of his disputed expenses

Veteran Liberal politician Mac Harb handed his former caucus a gift just before its annual summer retreat, resigning from the upper chamber and paying back all his questionable Senate expenses.

That now leaves only three former Conservative senators hanging on in the red chamber, despite pressure to resign over a raft of inappropriate financial claims and connected police probes.

Liberal Leader Justin Trudeau had faced criticism from his rivals for saying he would welcome Harb back into the caucus once he settled the issue of his living expenses.

That problem appears



Mac Harb says he never considered the Senate to be a position for life anyway. SEAN KILPATRICK/THE CANADIAN PRESS FILE

to have been solved in time for the Liberal get-together in P.E.I. beginning Tuesday, where financial transparency will be the main focus.

Harb had been fighting the Senate in court over its assessment that he had im-

properly claimed to be living primarily in a home outside of the national capital region. That complicated legal battle has now been abandoned.

"I have been contemplating retirement for some time as I personally never con-

sidered the Senate to be a life-time position," Harb said in a statement Monday.

"These past few months have been extremely difficult for me and my family and caused me to evaluate what more I could contribute in the circumstances."

Harb says he sent the Senate a cheque for \$189,166, bringing his total reimbursement to \$231,649 or the entirety of his living-related expenses.

Records show Harb has borrowed \$230,000 by using mortgages against four properties to get loans from a numbered company owned by an Ottawa lawyer and businessman.

The Canadian Taxpayers Federation quickly pointed out Monday that Harb will still be able to draw from healthy MP and Senate pensions now that he has retired.

Former Liberal Sen. Raymond Lavigne, convicted of fraud and breach of trust in 2011, retired before the Senate was able to strip him of his seat. As a result, he was still able to collect his pensions, an estimated \$80,000 annually. **THE CANADIAN PRESS**

Wireless

Competition best sparked by foreign giants, says report

If the federal government truly wants healthy wireless competition, a report says it should do away with limits on foreign ownership.

The Fraser Institute analysis argues there is no evidence that handicapping the big Canadian companies in the spectrum auction will improve efficient competition. **THE CANADIAN PRESS**

Vancouver

City accidentally hires Hells Angel

The City of Vancouver is reviewing its hiring practices after a member of the Hells Angels was hired as a garbage collector. But routine criminal-record checks on employees might not be in the cards. City manager Penny Ballem noted that such workers have no contact with kids or valuable information or inventory. **THE CANADIAN PRESS**



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N.W.T. projects may face labour shortage

Yellowknife. As energy ministers from across Canada meet this week, topics include workforce and northern pipeline

Finding skilled labour will be a challenge as major resource projects move ahead in the Northwest Territories, said the

territorial minister in charge of energy and mining.

The territory will need around 3,000 new workers, with several new mines set to open over the next eight to 10 years, David Ramsay said Monday in Yellowknife.

"With our remote location (and) the cold weather, it may be difficult for us to attract people to live in the Northwest Territories, but we are

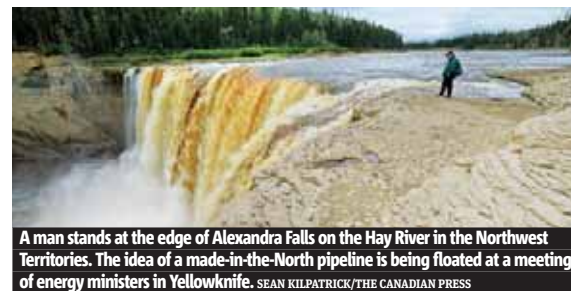
going to put our best effort into that," he said.

Some smaller aboriginal communities in the Northwest Territories have a 30 to 40 per cent unemployment rate, so there's a big need for training programs geared toward the jobs that will be coming, he said.

Energy ministers from across Canada are holding their annual meeting

in Yellowknife this week. Ramsay said he'll talk to his counterparts about the idea of a made-in-the-North pipeline, which could enable crude to be exported on tankers from the Beaufort Sea or from the Alaskan port of Valdez.

Federal Natural Resources Minister Joe Oliver declined to say whether a northern pipeline would have Ottawa's backing. **THE CANADIAN PRESS**



A man stands at the edge of Alexandra Falls on the Hay River in the Northwest Territories. The idea of a made-in-the-North pipeline is being floated at a meeting of energy ministers in Yellowknife. SEAN KILPATRICK/THE CANADIAN PRESS

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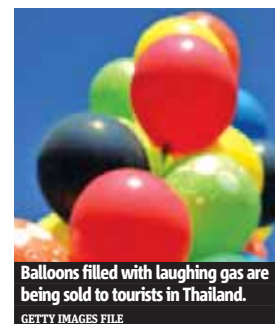
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Bangkok. Thai police crack down on sale of laughing-gas balloons

Thai authorities are cracking down on vendors in Bangkok's main backpacker district selling cheap doses of balloons filled with nitrous oxide, or laughing gas, to tourists.

Eight vendors have been arrested since police first noticed the trend a few weeks ago along Khao San Road, a pedestrian street lined with bars and cheap hotels, police Lt. Col. Pitiphan Kridakorn said Monday.

Each dose sells for about 130 baht, or \$4.30. Pitiphan said the sale of drug-filled balloons started in popular beaches, such as Koh Samui, Pattaya and Koh Pagnan — an island known for "full moon"



Balloons filled with laughing gas are being sold to tourists in Thailand. GETTY IMAGES FILE

parties fuelled by drugs and alcohol. He said police are trying to curb sales of the drug-filled balloons in the capital before it gains wider popularity. **THE ASSOCIATED PRESS**

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For more info please call Peter at 830-3445

WHEN WE GO TOO FAR WITH FOOD

Our relationship to food is beyond sustenance. We photograph it, tweet about it and obsess over what it looks like and where it comes from.

In North America, we are living in an era of food-as-spectacle; celebrity chefs have been elevated from kitchens to red carpets while the rest of us fanatically share our own food porn across various social media sites. The Food Network airs Olympiad-like programming 24 hours a day to determine who can decorate, create and consume various different foods in the fastest possible time.

Our collective obsession with good cuisine is rivaled only by our masochistic obsession with conquering outrageously bad food. From Kentucky Fried Chicken's Double Down to Taco Bell's new Breakfast Waffle Taco, it seems there is just no limit when it comes to sandwiching calorie-heavy foods around each other



SHE SAYS
Jessica Napier
metronews.ca

and attempting to digest the result. We've pushed the boundaries of acceptable food combinations beyond the limits of good taste (literally) and are now just making ourselves sick in the name of extreme consumption.

One such culinary hybrid got the best of intrepid eaters in Toronto last week when the Canadian National Exhibition's must-try food of the season sent 150 people heaving over their toilet bowls with serious gastrointestinal issues. The culprit was a disgusting-sounding Cronut Burger consisting of a beef patty and processed cheese sandwiched between two sugary cronuts, a fusion croissant-doughnut popularized by Dominique Ansel Bakery in New York City. Even looking at a photograph of the monstrous carnival snack is enough to give anyone food poisoning by proxy.

And if the Cronut Burger is the ultimate example of low-

brow dietary disaster, then Ray & Stark Bar's elitist new water menu lives on the other end of the spectrum when it comes to conspicuous culinary trends.

The Los Angeles-based restaurant recently introduced a 45-page leather-bound water menu, which boasts over 20 varieties from around the world to try by the bottle or as a tasting flight. That's right, dinner patrons can fork over \$12 to sample a selection of bottled waters served in three-ounce tasting glasses. There's even a water expert on hand in case you need some guidance in deciding what brand of H₂O pairs best with your pretentiousness.

Enough is enough, everyone. We've taken foodie culture too far. I do not want to live in a world where people pay more than the hourly minimum wage for nine ounces of water or where experimental eaters routinely gorge themselves on highly processed gastronomic abominations.

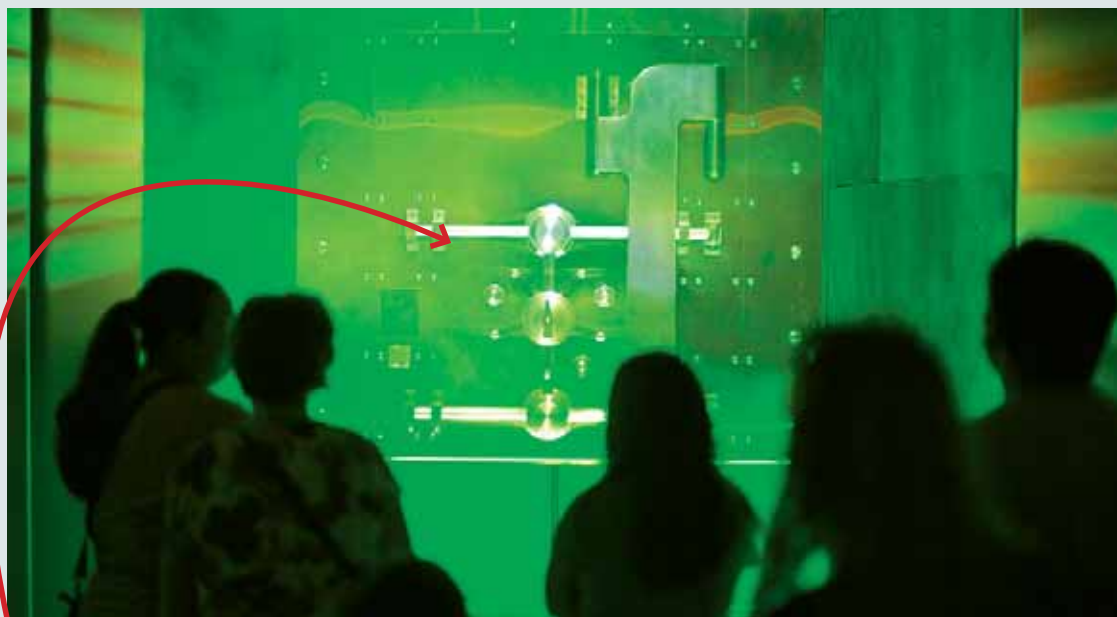
All of this excess is making me sick to my stomach.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

You think Coke's formula is unchanged?



DAVID GOLDMAN/THE ASSOCIATED PRESS

Major brands play up false notion of sacred recipes

Coca-Cola keeps the recipe for its 127-year-old soda inside an imposing steel vault that's bathed in security lights. Several cameras monitor the area to make sure the fizzy formula stays a secret.

"It's a little bit for show," concedes a guard at the World of Coca-Cola museum in

downtown Atlanta, where the vault is revealed at the end of an exhibit in a puff of smoke.

The ability to push a quaint narrative about a product's origins and fuel a sense of nostalgia can help drive billions of dollars in sales. It's why companies such as Coca-Cola and Twinkies' owner Hostess play up the notion that their recipes are unchanging documents that need to be closely guarded.

THE ASSOCIATED PRESS

In the 1980s ...

- Coca-Cola and PepsiCo switched from sugar to high-fructose corn syrup, a cheaper sweetener. The companies last year also said they'd change the way they make the caramel colouring to avoid having to put a cancer warning label on their drinks in California, where law requires such labels for foods containing carcinogens.

Twinkie, twinkie little switch

This summer, Twinkies made a comeback. At the time, the new owners promised they would taste just like before.

But a box of Twinkies now has a shelf-life of 45 days, almost three weeks longer than the 26 days from a year ago. That suggests the ingredients have been tinkered with, to say the least.

THE ASSOCIATED PRESS

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

Among the many reasons to love living in the modern age is the infinite entertainment, wisdom and learning available in podcast form on the iTunes store. If you're the type to leave your cellphone on the bathroom counter as a shower radio, these three subscriptions are among the most reliable brain food you'll find to feed that insatiable appetite.



JOSE SILVA/FICKR

The Body Sphere:

An unfailingly fascinating Australian radio show that examines our bodies and the way we use and abuse them. Recent episodes include a surgeon's perspective on a liver transplant and testing the Paleo diet theory that modern life is wreaking havoc on our primitive systems.

Love + Radio:

Two ways to dip your toes into an unfamiliar topic are to have an expert teach you about it or get a first-hand account from somebody who lived through it. L+R takes the latter approach by using deep one-on-one interviews with people who have endured or enjoyed odd life experiences you have to hear to believe.

Letters

RE: You Must Be Toking, Peter MacKay, published Aug. 26

I do my best to ignore blindly partisan opinions parading as journalism and to shrug off attacks from known biased sources like Prof. Stephen Kimber. But after reading his latest editorial rampage that was laden with inaccuracies, I feel compelled to set the record straight.

With regards to Mr. Trudeau, my office has pointed anyone interested in the law to Section 4 of the Controlled Drugs and Substances Act, where possession of marijuana is clearly outlined as a criminal offence.

Mr. Kimber also resorts to stale allegations from 2010. Let me reiterate for his benefit: In 2010, I used govern-

ment aircraft to do government business — to announce a \$34-million job-creation contract in London, Ont. The aircraft used was also part of a planned search and rescue exercise. Canadian Armed Forces (CAF) personnel involved supported this exercise:

"The flight would have been flown regardless of whether or not the minister was included because the squadron conducts two training events per day as part of a regular routine. In this case, a new flight engineer required hoist training, therefore the training intentions were well matched." - Major (ret'd) Stephen Reid.

Regarding our plan to replace the aging CF-18s, our government has spent zero dollars on acquisition of new fighter jets. **Peter MacKay, Federal Justice Minister**

WE WANT TO HEAR FROM YOU:
Send us your comments: halifaxletters@metronews.ca

All hail the Queen

Daytime TV.

Queen Latifah takes grassroots approach to her new talk show

She's reviewed the research, and heard from the focus groups, but Queen Latifah is relying on a different source to help discern what may — or may not — get fickle viewers to tune into her show this fall.

She's been talking to her aunts, her cousins as well as people on the street, "people who don't have that much money in their pockets at all," Latifah says, to find out what they are interested in.

"I am a TV watcher; I come from a TV watching family," says the newest celebrity to throw her name-recognition into the daytime talk show ring.

"I love to be entertained, so I sit and watch a lot of the talk shows. I watch Ellen. I watch Maury. I watch Fallon. I watch TV and I want to create things that I want. I consider myself a viewer."

In the rush to fill the Oprah-void over the last couple of years, a number of shows were programmed into the daytime schedules only to find themselves viewer-anaemic and wasting away on the schedule. It was a reality Latifah said she wanted to avoid.

"You kind of knew that was going to happen, that there was going to be a big rush into the field, and some thrived and survived and some did not," said the Oscar-nominee who had a short-lived talk show that premiered in 1999.

"Audiences got to decide what they wanted."

Audiences, hopes the Queen, will decide on her this time.



Can Queen Latifah be the next Oprah? Find out when her talk show debuts this fall. CONTRIBUTED

When talking about her dream guest, Latifah couldn't come up with just one name.

"I don't think there is a dream guest," she said. "I think the dream guest is who the audience wants to see. It's not just the A-listers or the president — any of those amazing people."

"But for me, the dream guests ... are the regular people doing amazing and extraordinary things who you don't know but make for great television."

"The strength of the team that we have ... is to be able to think on our feet and be able to do things as they happen in real life," she added. "I just want to give them a place where they can chill, open up and be real."

To fulfil her goal, Latifah said she wants to avoid the pitfalls of a highly structured show. The Grammy winner doesn't want to be mired down by a set format.

"My whole career has been based on not necessarily doing what everybody else was doing, and doing what I felt. I want to keep it open," said Latifah. "I will be keeping in touch with my audience. We will catch up."

And perhaps even sing. While Ellen dances, Latifah may just corner daytime TV's musical quotient. "Music is part of my life. Obviously I wouldn't be where I am today without music, so music will be of great importance to the show."

METRO

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Ladies first

The Queen Latifah Show premieres Sept. 16 on Global.

- **Competition.** Queen Latifah's biggest competition to this season's talk-show throne may be a former Housewives star. Bethenny Frankel, purveyor of Skinny-girl products and a former cast member of The Real Housewives of New York City, will premiere her show, Bethenny, on CTV starting Monday, Sept. 9. It is executive produced by talk-show maven Ellen DeGeneres.



Frankel

- **The Social.** Also entering the daytime arena is CTV's original production The Social, featuring Melissa Grelo, Lainey Lui, Cynthia Loyst and Traci Melcher. As its name suggests, the show will use social media and text messaging to probe viewers for opinions on the latest in news and popular culture while the ladies have their own round-table discussion à la The View. It premieres Monday, Sept. 2. METRO



Also returning

Arsenio Hall — get ready to 'woot' again

Arsenio Hall, whose first talk show aired from 1989 to 1994, returns week-nights on Omni starting Monday, Sept. 9.

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- 6 Lady GaGa Applause
- 5 Macklemore Same Love
- 4 Imagine Dragons Radioactive
- 3 Katy Perry Roar
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- 1 Florida-Georgia Line ft Nelly Cruise



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DISH

11

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

The VMAs: Wherefore art thou Biebs?

PAT
HEALY
Metro World News

Now that I've had a full day to let the clusterf— that was this year's VMAs sink in (and to recover from the 24-hour hangover brought on by the magnum bottle of wine required to get through the thing), I have some questions. So many questions (not the least of which is why they still carry on with this charade at all — next year let's just have a Best Knocked Up Teen Baby Bump Awards and call it a



day).

And here's the first question: Where was Justin Bieber?! I can't be the only one who thought his dopey, overly-coiffed absence was conspicuous. You guys, I DO NOT THINK HE WAS INVITED. I think that Justin

Bieber's 2013 Video Music Awards invitation was lost in the mail.

My God, if this isn't the swiftest fall from grace since Lindsay Lohan nose-dived her career into a big pile of cocaine and regret, I don't know what is.

Tink Domestic Short Hair

Tink is approximately 5 years old and was found stray in Dartmouth. Although she takes her time getting used to new faces, she has a playful side and it is obvious she likes people; it's just that her preference is to warm up slowly. She's the kind of feline who likes making the first move. We believe Tink would thrive in a quieter home. She has a lot of love to give and we've observed how sweet and interactive she can be once she gets to know someone. Please drop by the shelter and ask to be introduced...



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For more information on Tink and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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14

WELLNESS

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LIFE 3

Sustain seasonal mindsets

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Snowball your credit card debts: Prioritize high interest rates

"People overspend on their credit card abroad because it doesn't feel like real money. Then their statement comes in, and it's a shock," says Jasmine Birtles, founder of Money Magpie. List your debts according to how expensive the interest is. "It doesn't matter how much you owe, pay the minimum back on all of them, except the one with the most expensive interest. Make that one your priority, paying back as much as you can each month," she says.

Pay yourself a salary

"If you can afford to go for a drink, then you've got the money to save," Birtles tells Metro.

For extra cash, she recommends you set up a standing order at the beginning of each month (you'll have spent it all at the end) from your current account into a savings account.

"Pretend you're paying yourself. Even if it's just \$50 a month, that's \$600 a year," she notes.

Sex is passive: Learn to let go of lust

"Working is active and sex is passive in that it's something that happens to you. When you're aroused, you don't want to do anything especially productive," sex therapist Stephen Snyder tells Metro.

"You can still have great sex in the fall, but there's something special about summer that can't always be recaptured. So just enjoy the fact that you've been refreshed and restored by the experience," he suggests.

Connection, not penetration, is the key to great sex

According to Snyder, people feel most alive when they're on holiday, and part of the grief of coming home is that you have to give up that feeling.

To cultivate arousal (when you don't have the time or energy for sex) try "simmering," a technique that helps keep erotic feelings alive and preserves a couple's sexual bond.

"To simmer, spend two minutes staring into each other's eyes and breathing in unison. There should be no orgasms, no stroking and no heavy breathing — just stillness," he explains.

Let your mind settle into your body

"If you're feeling anxious, try and bring your awareness back to your physical senses," says Puddicombe, co-founder of Headspace, an online resource for meditation techniques. "Observe your posture, notice any tensions or sensations in the body, any smells or sounds, and sensations of heat or cold. Mindfulness isn't about emptying the mind, or suppressing uncomfortable emotions, but learning to witness these thoughts and feelings, free from distraction and judgement. Acknowledge them and they'll gradually begin to unwind," he explains.

Spend 1 per cent of your day meditating

"There are 1,440 minutes in one day. Take 10 to meditate and you'll feel less stressed, less tired, and less anxious," says Andy Puddicombe.

"A healthy mind is the lens to a healthy life." Meditation only works if you actually keep to it, so try and establish a regular practice that fits into your daily routine.

Divvy up your meals and lay off the alcohol

James Duigan, a fitness trainer, recommends eating five healthy meals a day, two of which should be smaller snacks.

"Snacking ensures you don't overeat and will also help speed up your metabolism. Swap sugary treats and low-fat foods (often packed with hidden sugar), for things like raw nuts, turkey slices, berries, vegetables or pea protein shakes (try Bodyism's Protein Excellence)," he says.

And stay away from alcohol. "It will make you feel sluggish, bloated, and reduce your body's ability to burn fat," he warns.



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Salmon cakes elevate canned fish to level fancy

1. In a small bowl, toss together the cucumber, ginger, vinegar, salt and sugar. Let stand for 10 minutes while you prepare the remaining ingredients.

2. In a large nonstick skillet over medium, heat 1 table-

Ingredients

- 1 1/2 cups thinly sliced seedless cucumber
- 1 tsp grated fresh ginger
- 2 tsp rice vinegar
- 1/2 tsp salt
- 1 tsp sugar
- 4 tbsp vegetable or canola oil, divided
- 1 cup finely chopped yellow onion
- Two 6-oz cans boneless, skinless salmon
- 1/4 cup low-fat mayonnaise
- 2 to 3 tsp prepared wasabi
- 1 cup crushed sesame flavoured thin rice crackers (about 32)

Wasabi-Spiked Salmon Cakes with Pickled Cucumber



This recipe serves six. MATTHEW MEAD/THE ASSOCIATED PRESS

spoon of the oil. Add the onion and cook until golden, about 5 minutes. Transfer to a medium bowl. Reserve the skillet.

3. Add the salmon to the onion along with the mayonnaise, wasabi, crushed crackers and 1/4 cup of the liquid from the marinated cucumbers. Form

the mixture into 6 burgers.

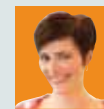
4. Return the skillet to medium-high heat. Add 1 1/2 tablespoons of the remaining oil. Add the salmon burgers to the skillet. Cook until golden, about 3 minutes. Add the remaining 1 1/2 tablespoons of oil, turn the cakes over

and cook until golden on the second side, about another 3 minutes.

5. Transfer to 6 plates and top each salmon cake with a mound of the pickled cucumber. **THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Health Solutions

Out with waste



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

According to a recent study commissioned by KitchenAid (which has a new Preserva fridge to solve the problem simply), Canadians waste \$2.5 billion each year in rotten produce. Here are the top five abused vegetables and ways to reuse them:

Lettuce

Don't open the box of greens until you can use them. The nitrogen within is modified to prevent spoilage. Add a fresh paper towel to the box each time you use to absorb water.

Bananas

Blend with protein powder and peanut butter and freeze as popsicles when

they are over-ripe.

Tomatoes

Lay wilted ones on a cookie sheet and roast at 275 F with olive oil for a couple hours. Use in pasta or as a bread topping.

Grapes

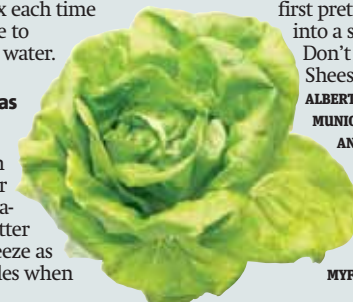
Freeze for use in cocktails or consume frozen on ice cream.

Celery

Freeze and save with chicken bones and onion ends then dump into a slow cooker when you have a bagful to make stock.

It's all about controlling the ethylene gas emitted as well as the moisture from fruits and veg. Think beyond the first pretty produce into a second life.

Don't waste, people. Sheesh. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



Spice up your scallops — and your palate

Impress your guests with this Moroccan-style seafood dish in which seared scallops spiked with harissa spice sit atop a mélange of spring vegetables.

range of spring vegetables.

1. In a saucepan of boiling water, cook carrots 2 minutes.

Add peas, leeks and snap peas and return to a boil. Cook 2 minutes. Drain veg and gently rinse with cold water. Set aside.

2. Remove and discard small side muscle from scallops. In bowl, toss together scallops, olive oil and harissa spice blend.

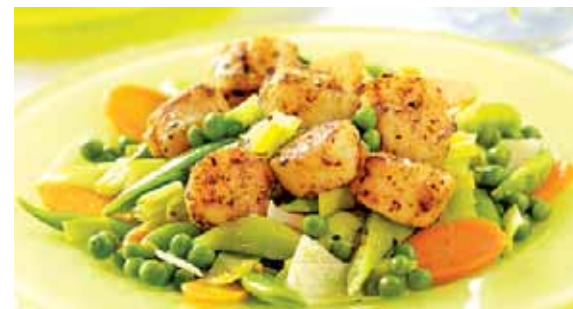
3. Heat large nonstick frying pan over medium-high heat until very hot. Arrange scallops, flat surface down, in a single layer in pan. Sear for 1 or 2 minutes, depending on thickness.

Turn scallops over and sear 2 minutes or until cooked.

4. Transfer the prepared scallops to a plate and keep them warm.

5. In same pan, bring chicken stock to a boil. Add cooked vegetables and toss until hot. Transfer vegetables to a serving platter and arrange seared scallops on top. Generously squeeze lemon over scallops and vegetables.

NEWS CANADA/PRESIDENT'S CHOICE



These Harissa-Spiced Scallops are seasoned with a delicious spice blend. COURTESY NEWS CANADA



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Study puts a price on friendship

Big Brothers Big Sisters.

Can you put a price tag on the big-little relationship?



JESSICA SMITH
Metro in Toronto

How much is friendship worth? Advice over lunch, encouragement at a bowling alley, shared laughs at a mall?

About \$315,000 in income over a lifetime, \$32,154 in additional tax revenue for government coffers, and \$49,819 in increased spending added to the economy, according to Big Brothers Big Sisters Toronto.

The charity, which matches youth known as "littles" with mentors known as "bigs," has always seen immeasurable results from the friends, but set out to prove its investments are worthwhile, financially.

"More and more, people who are donating to charities don't just want to write a cheque; they want to say, 'How is my money being spent and

what is the result,'" said Sandra Downey, director of business development and communications of Big Brothers Big Sisters of Toronto.

So, Big Brothers Big Sisters Toronto recruited the consulting firm The Boston Group to help them put a price tag on the big-little relationship.

The Boston Group found 250 former "littles," now aged 25 to 65, from the organization's alumni records and a further 250 from an Ipsos Reid panel, said study author James Tucker. Another 1,000 people from similar family and economic backgrounds — generally single parent and low-income — served as a comparison group.

The people who'd had the influence of a big brother or sister growing up, on average, earned more and gave more to charity. They were more likely to report they worked in a senior leadership role at work, pursued a healthy lifestyle, are generally happy, are financially literate, make good life choices and have a strong network of family and friends.

"What I felt was really compelling about this was you can



Former 'littles' are experiencing the benefits of spending time with 'bigs' later in life. ISTOCK IMAGES

finally put a hard value around mentorship and filling a hole in a young person's life," Tucker said.

"Full (disclosure): I was a little brother," he added. "It's no surprise to me that those people felt more confident, generally happier; they had a stronger support network. Therefore, they had much higher earnings than their peer

group."

For Ada, 17, her three-year friendship with her mentor Tracy has had a big impact on her life. The two are heading to Montreal soon to check out McGill University, which Ada will be able to afford to attend because she earned a scholarship specifically for little brothers and sisters, which Tracy encouraged her to apply for.

"I had no means to fill out that application. I didn't even know what a scholarship was. I didn't know how much university was," said Ada. "Without her motivation and support I never would have done it."

Ada said her mom struggles with mental illness, which has made her do and say things that would hurt Ada's self-esteem, but Tracy's encouragement has

Former littles/control group

Employed full time. 68 per cent / 58 per cent
Average full-time salaries. \$59,600 / \$52,700
Volunteer for community service. 66 per cent / 43 per cent
Hours of community service per year. 95 / 73
Donate to charity. 77 per cent / 67 per cent
Average annual charitable donations. \$395 / \$329
Pursuing a healthy lifestyle. 80 per cent / 72 per cent
Financially literate. 81 per cent / 70 per cent
A senior leader in their workplace. 47 per cent / 32 per cent
Consider themselves a happy person. 42 per cent / 26 per cent
Strongly agree that they make good life choices. 52 per cent / 39 per cent
Strongly agree that they have a strong network of family and friends. 42 per cent / 28 per cent

helped her build it back up. "Look at me now. I'm a scholar. I'm going to be going to university, the first in my family to go to university and create a better life for my mother and I."

Fighting fire with sound advice



YOUR MONEY
Alison Griffiths
money@metronews.ca

Mr. Top 10, as I'll call him, isn't a fan of mine. "What success, (if any) have you had investing? My investments show in excess of 20 per cent average this year! What are your top picks?"

Mr. Top 10 (MTT) went on to castigate me for recommending GICs to an elderly, nervous investor and for not offering more stock and mutual fund recommendations. Certainly you can find a gazillion "pickers" with tremendous success in a given year. MTT's Canadian and U.S. funds have had a very nice run and I commend him. However, a single year isn't illustrative. It's more important to be a well-behaved investor than focus on short-term winners. Here's how:

Allocate your assets

Pick an asset allocation (AA) that divides your money among equities (stocks, exchange-traded funds or equity mutual

funds), bonds and cash. Don't worry if everyone says you should be heavy into the stock market because bonds and cash return little. Next year things may be quite different. A portfolio with cash and bonds is buffered when the market heads south. And one day interest rates will rise.

Diversify

MTT's U.S. investments have done well over eight months, but who knows what the next eight will bring? That's why it's important to diversify within the equity categories. Don't fling money into dozens of niche sectors and all over the world. A mix of larger company Canadian, U.S. and global stocks, ETFs or mutual funds will do you just fine.

Dollar Cost Average

Invest regularly. No, you won't always buy at the bottom, however you reduce the risk of committing too much money at the top. Getting an average price over time is the goal here.

Rebalance



Look into the investing crystal ball. Kind of cloudy in there, isn't it?
ISTOCK IMAGES

Once you've decided on an asset allocation it's critical to stick with it, even when one aspect of your portfolio is taking off. Examine your AA annually or so and rebalance back to those percentages if they're out of whack. You can use new contributions to do this rather than selling.

The problem with Mr. Top 10's approach is that you can have the best stocks or funds at any given time, but end up with a disastrous portfolio in the long run if you don't practise good investor behaviour.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



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Receive 25 per cent off if you head back to school this fall and bring a friend. Register two people for the same adult class and receive a 25 per cent discount on both tuitions.

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EXPRESS YOURSELF

AT MARITIME DANCE ACADEMY

For more than three decades, when Nova Scotians want to put a spring in their step or add a little hip to their hop, Maritime Dance Academy has been the place for Haligonians to express themselves and explore the arts.

And for Alicia Paton Clavette, Maritime Dance Academy's assistant director (and daughter of Phyllis Paton, the facility's director and founder), the success is due to their belief that dance is for everyone.

"(Phyllis') intent was never to focus on producing a prima ballerina, even though we have had people go on to professional careers in dance," Paton Clavette says. "She wants to provide a comfortable and safe space for people to experience dance, regardless of their ability."

Maritime Dance Academy has two

locations — one in Halifax and one in Bedford. With more than 1,300 students who attend the two facilities, the academy is the largest dance school east of Montreal.

"We don't do any type of competitions; we don't believe in it," Paton Clavette says. "Our primary focus is to teach our dancers proper technique — it's education based."

The academy is committed to inclusion. There are a number of students registered who are affected by autism, cerebral palsy, or Down syndrome.

"We integrate everyone into classes and it's really positive for all the kids involved, both those with physical challenges and those without," Paton Clavette says. "These kids have really developed a strong sense of confidence and they're able to do things they wouldn't have thought they could previously."

The academy doesn't compete, but hits the road to perform in seniors' centres over the holidays, as well as at themed



CONTRIBUTED

shows for local schools. An anti-bullying-themed show was so popular that the academy is reprising it this year.

And it's obvious that the academy's focus, fundamentals, and beliefs are working. It has earned the consumer choice award for the past three years

for best dance instruction in the Halifax Regional Municipality.

"I think we have a solid reputation," Paton Clavette says.

"A lot of our parents appreciate the fact that we do our best to integrate everyone in the programs." — Jason Menard

SUMMER DANCERS GET INTENSE WITH MARIJAN BAYER

Maritime Dance Academy follows the Russian Ballet syllabus, which is why the school was thrilled to have Marijan Bayer, the founder of the society of Russian Ballet for Canada, spend a couple of weeks sharing his knowledge with them.

While next year promises to be even better, with Bayer returning for more, this year's program started as a surprise.

"Every year we have a seminar with the president of the Russian Ballet Society, Jane Pound, and last year she came with Marijan as a surprise," says Alicia Paton Clavette, the academy's assistant director. "Over the past few years, we had been

entering more teachers through the Russian certification process than ever before, so Marijan wanted to come see what the buzz was about.

"Within 10 minutes of him meeting my mother (Phyllis Paton, the facility's director and founder) they had become fast friends and they were already talking about plans for a summer intensive."

You could forgive Paton Clavette and her mother for thinking Bayer's presence would be anything more than wishful thinking.

"Even when we were talking to him about it, in the back of our mind we were

saying, 'Yeah, right,' she adds with a laugh.

But those wishes came true and Bayer stayed with Phyllis Paton for the two weeks of the program. Next year, however, the intensive program will go further afield.

"Some of the kids expressed a desire to do a sleepover away camp next year," Paton Clavette says. "So, next year we're going to do the camp in Stanley Bridge, P.E.I."

The summer program had students aged nine through 17 spend two weeks in intensive dance training.

"They were dancing seven hours a day

— they were taking two, one-and-a-half-hour ballet classes per day," she says. "The parents would tell us that the kids were coming home and dropping because they were so exhausted."

The course featured a number of different styles.

"It gave the students a little taste of everything and it was a really well-rounded program," Paton Clavette says, adding that the diversity extended to the teachers. "They had an international faculty — teachers were from Croatia, England, Spain, and B.C."

— Jason Menard



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CLASSES FOR EVERYONE

Young or old, if you have ever thought that cutting a rug or two might be fun, the Maritime Dance Academy has a place — and a program — for you.

“We have about 40 teachers and we offer classes in ballet, tap, jazz, modern, acro, hip hop, and contemporary,” says Alicia Paton Clavette, the associate director of the Maritime Dance Academy. “Registration is open for the fall, but we also register students throughout the year.”

There are two types of programs available: The intensive program, where older students pay by the class on a monthly basis; and children’s programs, which are offered in 10-week segments that afford parents a little more flexibility.

The dance school works adamantly to ensure that dance class is affordable for most everyone. By keeping tuition costs low, Maritime Dance has a place for nearly everyone who would like to explore their love of dance.

The school ascribes to the Russian Ballet syllabus and also offers annual exams in February/March for tap and jazz.

With two facilities, one in Bedford and one in Halifax, students can attend classes at both locations.

“We offer the exact same programs at both locations,” she says. “If a student misses a class, they can do make-up classes at either location.”

And while the normal progression is for a student to complete the children’s program and graduate to the intensive training program, Paton Clavette says new or transferring students are welcome and they will find a way to ensure a smooth transition. — Jason Menard



CONTRIBUTED

STEPPING INTO A NEW SPACE

Dance has exploded in popularity throughout the country and the increased interest in the Halifax Regional Municipality caused the Maritime Dance Academy to be bursting at the seams. In September 2012, the academy moved into a new facility on Duke Street, which has truly given the dance school room to move.

“It’s always been a dream of (Phyllis Paton, the facility’s director and founder) to have her own building,” says Alicia Paton Clavette, Paton’s daughter and associate director. “We needed more space for years and we kept asking, but the mall where we were wasn’t prepared to give it to us.”

So they set out on their own and opened up an 18,000-square-foot facility located at 36 Duke St. in Bedford. This

is in addition to the other location in Halifax.

“The first thing that struck us was the space,” Paton Clavette says. “The studios are huge with big, high ceilings, there’s an incredible amount of barre space.”

“The students were beyond excited.”

The facility features six large studios with sprung floors, wall-to-wall mirrors, and double ballet barres. In addition, they built a practice theatre to support the academy’s musical theatre and voice program, which has expanded greatly after the first year of operation. There is also an in-house dancewear store featuring active wear from the industry’s top names, such as Bloch and Mondor. The facility is located above 11,500 square feet of commercial condos, for sale or lease, and there is plenty on-site parking.


Oh, and there’s also an in-house café, so students can enjoy a healthy smoothie or power up with a muffin before or after classes.

The entire facility is designed with accessibility in mind. Not only are some of the academy’s students physically challenged, Paton Clavette says it was important to meet the needs of the parents.

“We have a number of parents who are in a wheelchair or use a cane to get around,” she says. “It was important to us that the building was accessible.”

And while the current space meets the needs of the academy’s programs and students, Paton Clavette says there is still ample room to accommodate whatever the future holds.

“There’s still a lot of room to grow,” she said. — Jason Menard



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Your Neighbourhood

WOODSIDE

Tuesday, August 27, 2013

Constantly changing

TOM
MASON
For Metro

In the days after the founding of Dartmouth, the community of Woodside was primarily known as a military installation — the site of a large fortress known as Fort Clarence that guarded the Eastern Passage behind McNabs Island.

Fort Clarence protected the town of Dartmouth and formed a defensive line with Fort Charlotte on Georges Is-

land, Grand Battery and the Halifax Citadel to seal off the mouth of Halifax Harbour from potential invaders.

The fortress dominated Woodside until after the American Civil War, but, by the early 20th century, oil became more important to Halifax than cannons, and Fort Clarence disappeared underneath the huge Imperial Oil refinery that dominates the skyline of South Woodside today.

Around that same time, Woodside began to change to

an urban city neighbourhood from rural farmland.

Two neighbourhoods, actually. Today, Woodside is divided into two distinct communities — North Woodside and South Woodside — separated by Highway 111. North Woodside is more closely connected to downtown Dartmouth and has a more “downtown” feel, while South Wood-

side, with its own schools and community centre, is slightly less urban.

Woodside has a reputation as an industrial, working-class community, but it's also one of the most beautiful neighbourhoods in Metro. It offers spectacular views of Halifax and a newly developed trail system that includes the new Harbourfront Trail, which

runs the length of the harbour from the Woodside Ferry Terminal to the Dartmouth Ferry Terminal, and the Portland Lakes Trails, which run through the new community of Russell Lake West.

Today, many Woodsiders commute to jobs in downtown Halifax via the Woodside Ferry, or travel to nearby downtown Dartmouth or Burnside. At

the same time, Woodside has a number of large employers that brings hundreds of workers into the community every day. Two hospitals — the Dartmouth General and the Nova Scotia Hospital complex — are located here.

So is the new Nova Scotia Community College Waterfront Campus and the Woodside Industrial Park.



The new Harbourfront Trail, which runs the length of the harbour, offers spectacular views of Halifax. CONTRIBUTED

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Russell Lake West is a planned residential and commercial development that includes a mix of homes. CONTRIBUTED

Desirable address

TOM MASON
For Metro

When the venerable Moirs chocolate factory in Woodside closed its doors a decade ago, the abandoned building instantly became one of Halifax's most sought-after pieces of real estate.

Today, the Moirs plant has been transformed by developer Southwest Properties into Dartmouth Gate, one of the city's newest retail shopping and commercial developments with tenants including Value Village, Guardian Pharmacy, CBI Health Centre and the Pleasant Street Medical Group. The Nova Scotia Community College (NSCC)

has also chosen to locate its new Aviation Institute in the facility.

Woodside is a community in transition. In addition to Dartmouth Gate, the NSCC recently completed its Waterfront Campus building — a state-of-the-art showpiece that has quickly become one of HRM's most impressive pieces of architecture.

But the most dramatic transformation is taking place on the outskirts of the community, just off the new Exit 8 on Highway 111. Russell Lake West is a planned residential and commercial development that includes a mix of low-density, single-family homes, medium-density townhomes and

higher-density condominium and apartment buildings. The development also includes a large commercial plaza called Millstone Square, exceptional homes overlooking Russell Lake, and a retirement campus for seniors.

About 17,000 Woodside residents live in the rapidly growing communities of North Woodside and South Woodside.

It's a relatively young part of HRM, with about 26 per cent of residents younger than the age of 20. Families and young working people are drawn by easy access to services and facilities, excellent transportation infrastructure and an average home price of around \$147,000.

On display. Getting revved up for the Overall Car Show

Overall Collision, Custom and Restoration is a family operated business that has become well-known for quality auto body repairs. But it's what owner Mark Whynot and his three sons do for fun that gets most of the attention these days.

The Woodside collision shop has garnered a reputation for fine auto restorations in recent years, winning accolades and media buzz for everything from a custom Plymouth Prowler embellished with airbrushed skulls, bones and wings known as "The Prowler from Hell" to a restored 1967 Mercury Cougar called "Nellybelle."

With a growing reputation among local car enthusiasts, it's only fitting that Overall Collision has also become known for one of HRM's most popular and successful car shows in recent years. Now in its eighth year, the Overall Car Show featured 157 cars last year, everything from custom hot rods to meticulously restored antiques.

"We just keep getting bigger every year," Whynot said.

The show started in Overall's parking lot in Woodside, but soon outgrew that venue and overflowed into the Dartmouth General Hospital parking lot across the street.

"The Dartmouth General

doesn't use the lot on weekends, and they very generously allow us to use it," Whynot said. "We're very lucky to have their help."

The feeling is mutual. Each car that participates pays a \$5 entrance fee, money that is all donated to the Dartmouth General Fund.

While the cars are the centrepiece, this year's show will feature local favourites The Carson Downey Band, performing live, along with burnout competitions, vendors, prizes, a pub crawl and more.

The Overall Car Show will take place Sept. 7 between 11 a.m. and 4 p.m. **TOM MASON**

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Head coach Mike Babcock gives instruction to players Patrick Sharp, left, Sidney Crosby and Chris Kunitz during a ball hockey training session at the Canadian national men's team orientation camp in Calgary on Monday. JEFF MCINTOSH/THE CANADIAN PRESS

Bigger isn't always better for Canucks

Orientation camp. Having struggled on larger ice surfaces, Canada is looking for speed and agility

Steve Yzerman still remembers what it was like in Nagano in 1998, the first Olympics with NHL players and an example of Canadian failure on the bigger, international-sized ice surface.

The time-honoured strategy of dumping the puck in and forechecking didn't work.

"You can spend a lot of time skating places and getting there just a second late, taking yourself out of the play," said Yzerman, now Canada's gen-

eral manager. "It is a different game."

It was a different game at the 2006 Olympics in Turin, too, when Canada finished seventh thanks to a lack of offence and speed and the wrong mix of talent for the 200-by-100-foot rink.

San Jose Sharks defenceman Dan Boyle watched from the stands as his teammates struggled.

"It was tough to watch, it was frustrating," Boyle said. "Even though every player on that team deserved to be there and was great, sometimes you need certain things and that's where different guys come into play. I just thought we lacked some things."

Eight years removed from that debacle and four years

Stretching out

"The biggest lesson is foot speed, for all players. You have to be able to skate and you have to be able to move the puck."

Edmonton Oilers president of hockey operations Kevin Lowe

after winning Olympic gold in Vancouver on NHL-sized 200-by-85-foot ice, Hockey Canada is determined to learn from what went wrong without abandoning its style.

"One of the critical things is to continue to play the Canadian game and not adjust to some of the spaces that suddenly arise," coaching consultant and former Edmonton Oil-

ers coach Ralph Krueger said. "But you need to make sure that you don't change your game or make too many adjustments that will weaken what makes Canada strong."

What makes Canada strong, Yzerman and the coaching staff hope, is speed and agility. Perhaps that's part of what the 2006 group was lacking.

Judging by the comments of those in charge of making up the 2014 roster, it doesn't sound like that'll be a problem this time around.

"The team will be made up of players who can skate, think and move the puck," Oilers president of hockey operations Kevin Lowe said. "There could be a number of changes from the gold medal team in Vancouver." **THE CANADIAN PRESS**

Pre-season. Moose cut Ford, Ashley out 4-6 weeks



Darcy Ashley will be out of the lineup for four to six weeks. CONTRIBUTED

The Halifax Mooseheads cut defenceman Taylor Ford and veteran forward Darcy Ashley will be out of the lineup for four to six weeks with a finger injury, the club announced Monday.

Ashley underwent surgery Monday morning to repair a torn thumb ligament.

The Mooseheads' preseason roster is now down to 28 players, including three goalies, 10

defencemen and 15 forwards.

Mooseheads head coach Dominique Ducharme expects three or four more cuts to made before the regular season lineup is finalized.

Dartmouth native Andrew Shewfelt has been a pleasant surprise for the Mooseheads. The Herd's 2013 ninth-round pick is tied for the league lead in pre-season goals with four.

"He's playing well, he's bringing a lot of speed and energy to the game and he plays with a lot of intensity," said Ducharme.

The Mooseheads' pre-season record stands at 2-1-0-1.

They will host the Cape Breton Screaming Eagles in their fifth pre-season matchup at the Halifax Forum on Friday at 7 p.m. **ANDREW RANKIN/METRO**

US Open

Bouchard and Dancevic get past opening round

Canadians Eugenie Bouchard and Frank Dancevic won opening matches within seconds of one another to advance into the second round of the US Open on Monday.

Bouchard, of Montreal, managed to find a way past Czech Karolina Pliskova 4-6, 6-4, 7-5 to win in her US Open main draw debut. Dancevic, a product of Niagara Falls, Ont., defeated Robin Haase of the Netherlands 7-6(5), 3-6, 7-5, 7-6(7).

Milos Raonic begins play on Tuesday against Italian qualifier Thomas Fabbiano.

THE CANADIAN PRESS

MLB

Jays kick off homestand with win vs. Yankees

With just over a month left in what has been a very disappointing season, the Toronto Blue Jays are hoping to take small steps now with an eye on spring training and the 2014 campaign.

Toronto bounced back from an awful road trip with a solid 5-2 victory over New York on Monday night in the opener of a six-game homestand. R.A. Dickey allowed one earned run over 6 1/3 innings to help the Blue Jays beat the Yankees for the first time in 11 games.

"The real tragedy in the season will be if there's no growth out of what's happened," Dickey said. "So we're in a place where we're probably evaluating some things, seeing what we can do better and how we can perform better next year and what pieces to the puzzle are going to fit."

THE CANADIAN PRESS

Coach sounds off



"I know you're not makin' the playoffs. I get it, but please look like you care."

Don Cherry took the Blue Jays to task on Twitter for having fun in the dugout while losing to the Astros over the weekend.

Horoscopes

Aries

March 21 - April 20

You will find favour with colleagues and employers over the next few days but it is up to you to make something of it. Let them know you want to work as part of a team.

Taurus

April 21 - May 21

You want to get away, so what's stopping you? Get out of that nine-to-five mindset and start making plans that take you to new places — as far away from where you are now as possible.

Gemini

May 22 - June 21

There will be a clash of egos today and it has been coming for quite some time. Say what you have to say, but don't forget you have to work with this person every day.

Cancer

June 22 - July 23

You must be honest about your feelings, even if it makes you feel vulnerable. You actually have nothing to worry about. The responses you get from loved ones will confirm they are very much on your side.

Leo

July 24 - Aug. 23

Money issues may be front and centre now but in the greater scheme of things they are somewhat trivial, so don't fuss about them too much. It's love that makes the world go around, not dollars and cents.

Virgo

Aug. 24 - Sept. 23

Friends will deny you nothing over the next few days, so you might as well ask for what pleases you most. Bear in mind though that one day they may ask something similar of you, so don't be too outrageous.

Libra

Sept. 24 - Oct. 23

Treat others the way you'd like to be treated. That's good advice any time but never more so than now as the words you speak and the actions you take will have huge repercussions.

Scorpio

Oct. 24 - Nov. 22

If you play with fire, you must expect to get burned. You may have thought you were going to get away with something but today's events will awaken you to reality. Causes always, but always, have consequences.

Sagittarius

Nov. 23 - Dec. 21

You seem to be in one of those moods where money is no object, despite the fact that your resources are low. If you do spend too much, don't be too hard on yourself.

Capricorn

Dec. 22 - Jan. 20

You need to be with people who excite you mentally. There are so many superficial people out there — identify them and give them a miss.

Aquarius

Jan. 21 - Feb. 19

Whether you're a realist or a dreamer, you will have to make some no-nonsense choices today. Your heart may be in the right place but if your head is on another planet you won't achieve much.

Pisces

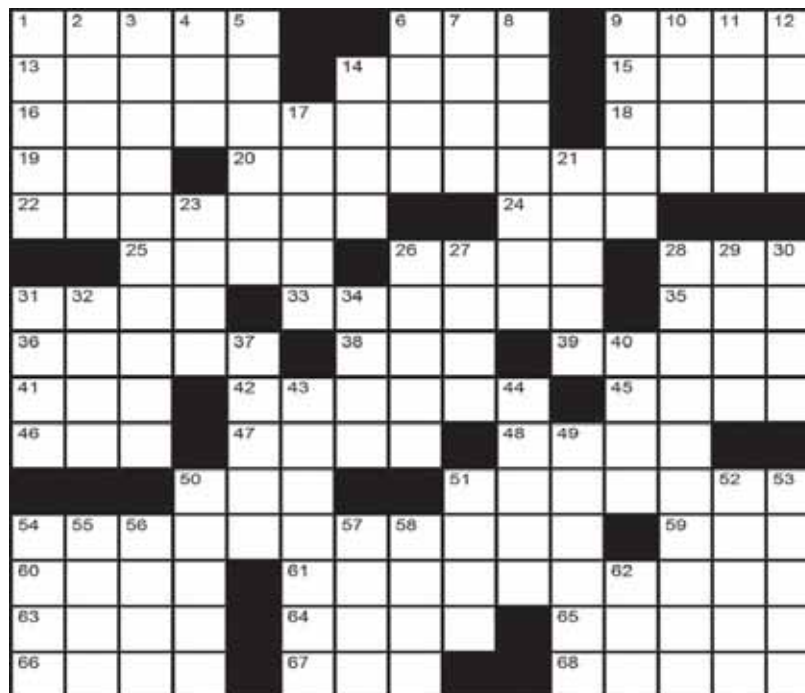
Feb. 20 - March 20

The Sun opposes your ruler Neptune today, which among other things suggests that someone will challenge the way you look at the world. Don't let them put doubts in your mind. The world is what you want it to be. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Briefly summarize
6. "___ Wolf" (1947)
9. Apple variety
13. "...and forgive ___ trespasses..."
14. Mr. LaBeouf
15. The Drifters hit: "___ the Roof": 2 wds.
16. Wild West transport
18. Whispery word
19. Ship signal
20. East Coast exports: acr. + word
22. Choices
24. Half of Ms. Gabor
25. Mannered man
26. Nevada 'aliens site', ___ 51
28. Feasted
31. Glum
33. Father of New France, ___ de Champlain
35. Prospector's find
36. Late night's Mr. Ferguson
38. ___ Gatos, California
39. Donald Duck nephew
41. "Bad Moon Rising" gr.
42. Seaport of Italy
45. Curves
46. Bad guy
47. Basilica part
48. Recreation spot, in Quebec
50. Egyptian cobra
51. Revere
54. Burnaby, BC born musician from an eponymously-titled Band: 2 wds.
59. ___ Beach, Hawaii
60. "What's ___ for me?": 2 wds.
61. Art ___ (b.1912 - d.2010, Radio/TV host in The States from



Down

1. 1904 to 1905:
2. Impede, in law
3. CCG = Canadian
4. Pre-Sept. month
5. "That '70s Show" actress Laura
6. Bloke
7. Puerto's follower
8. Classic five dice game
9. Dr. Sanjay ___
10. Lhasa ___ (Small dog)
11. Shake off
12. New Wave's Adam and The ___
14. Kate Bush song: "And ___ Love"
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21. "___ of you are aware..." (Manager-

- to-staff speech opener)
23. Yesterday, in Italy
26. Arcade game, Whac- ___
27. Sly tactic
28. Fork, in a Montreal restaurant
29. Julia Roberts' actor brother
30. Kiki and Sandra
31. Gladiator's 800
32. Killer whale
34. The ___ (Famous mountains)
37. Grind teeth together
40. Rowboat needs
43. Qu' ___ Valley (Region of southern Saskatchewan)
44. Thread holder
49. Enthusiastic
50. House's accessed-by-ladder spot
51. Bowl-shaped pans
52. Gladys Knight & The Pips hit: "If ___ Your Woman"
53. Peeled
54. Catchall category [abbr.]
55. Have ___ (Zzzzz...)
56. Ms. Turner
57. Vienna, to Austrians
58. Fly type
62. ___ truck

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

24°/17°
Showers
40%

Wednesday

22°/18°
Showers
60%

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- ✓ POWER PACKAGE
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- ★ AIR CONDITIONING
- ✓ POWER WINDOWS
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Hwy: 6.8L/100 KM
City: 8.9L/100 KM*

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